

Statistics Report 09020, Applesauce, canned, sweetened, without salt (includes USDA commodity)
Report Date: May 22, 2017 01:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 4	g	81.98	--	1.052	79.13	84	2.0	77.45	86.503	3	Analytical or derived from analytical	--	06/2008
Energy	kcal	68	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	283	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein 1 2	g	0.16	--	0.038	0.12	0.22	1.0	-0.318	0.643	2	Analytical or derived from analytical	--	06/2008
Total lipid (fat) 1 2 3	g	0.17	--	0.119	0.01	0.47	2.0	-0.344	0.678	3	Analytical or derived from analytical	--	06/2008
Ash 1 2	g	0.21	--	0.009	0.19	0.24	1.0	0.09	0.322	2	Analytical or derived from analytical	--	06/2008
Carbohydrate, by difference	g	17.49	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Fiber, total dietary 1 5	g	1.2	--	0.065	1.1	1.4	1.0	0.408	2.061	2	Analytical or derived from analytical	--	06/2008
Sugars, total 1	g	14.67	--	--	14.29	15.05	1.0	--	--	1	Analytical or derived from analytical	--	08/2008

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Sucrose 1	g	1.00	--	--	0.79	1.22	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Glucose (dextrose) 1	g	5.50	--	--	5.07	5.94	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Fructose 1	g	7.27	--	--	7.09	7.46	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Lactose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2008
Maltose 1	g	0.89	--	--	0.86	0.92	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Galactose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2008
Minerals													
Calcium, Ca 1 2 4 6 7 8 9 10 11 12 13 14 15 16 17 18	mg	3	54	0.057	2	4	15.0	2.837	3.081	16	Analytical or derived from analytical	--	06/2008
Iron, Fe 1 2 4 6 7 8 9 10 11 12 13 14 15 16 17 18	mg	0.12	55	0.027	0.05	0.91	15.0	0.065	0.183	16	Analytical or derived from analytical	--	06/2008
Magnesium, Mg 1 2 4 6 7 8 9 10 11 12 13 14 15 16 17 18	mg	3	55	0.067	2	4	15.0	2.714	3.001	16	Analytical or derived from analytical	--	06/2008
Phosphorus, P 1 2 4 6 7 8 9 10 11 12 13 14 15 16 17 18	mg	6	55	0.160	4	9	15.0	6.077	6.76	16	Analytical or derived from analytical	--	06/2008

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Potassium, K 1 2 4 6 7 8 9 10 11 12 13 14 15 16 17 18	mg	75	55	2.121	54	101	15.0	70.979	80.021	16	Analytical or derived from analytical	--	06/2008
Sodium, Na 1 2 4 6 7 8 9 10 11 12 13 14 15 16 17 18	mg	2	55	0.436	0	9	15.0	1.333	3.191	16	Analytical or derived from analytical	--	06/2008
Zinc, Zn 1 2 4 7 8 9 10 11 12 13 14 15 16 17 18	mg	0.03	--	0.004	0.01	0.09	14.0	0.026	0.041	15	Analytical or derived from analytical	--	06/2008
Copper, Cu 1 2 4 6 7 8 9 10 11 12 13 14 16 17 18	mg	0.032	51	0.002	0.02	0.06	14.0	0.028	0.036	15	Analytical or derived from analytical	--	06/2008
Manganese, Mn 1 2 4 7 8 9 10 11 12 13 14 16 17 18	mg	0.030	--	0.006	0.02	0.12	13.0	0.017	0.044	14	Analytical or derived from analytical	--	06/2008
Selenium, Se 19 20	µg	0.3	--	--	0.2	0.4	1.0	--	--	2	Analytical or derived from analytical	--	06/2008
Vitamins													
Vitamin C, total ascorbic acid	mg	1.7	--	0.149	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin 1 2	mg	0.017	--	0.007	0.01	0.03	1.0	-0.073	0.107	2	Analytical or derived from analytical	--	06/2008
Riboflavin 1 2	mg	0.022	--	0.012	0.01	0.04	1.0	-0.136	0.181	2	Analytical or derived from analytical	--	06/2008
Niacin 1 2	mg	0.072	--	0.010	0.03	0.1	1.0	-0.052	0.197	2	Analytical or derived from analytical	--	06/2008

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Pantothenic acid 1 2	mg	0.044	--	0.004	0.04	0.06	1.0	-0.005	0.094	2	Analytical or derived from analytical	--	06/2008
Vitamin B-6 1 2	mg	0.027	--	0.004	0.02	0.04	1.0	-0.018	0.071	2	Analytical or derived from analytical	--	06/2008
Folate, total 1 2	µg	1	--	0.463	1	2	1.0	-4.851	6.924	2	Analytical or derived from analytical	--	06/2008
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Folate, food	µg	1	--	0.463	1	2	1.0	-4.851	6.924	2	Analytical or derived from analytical	--	08/2008
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Choline, total	mg	3.3	--	--	--	--	--	--	--	--	Calculated or imputed	09019	06/2008
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	09004	06/2008
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09004	12/2002
Cryptoxanthin, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	09004	06/2008

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Vitamin A, IU 2	IU	6	--	--	5	9	--	--	--	1	Analytical or derived from analytical	--	06/2008
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09004	12/2002
Lutein + zeaxanthin	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	09004	12/2002
Vitamin E (alpha-tocopherol) 1 3	mg	0.18	--	0.033	0.13	0.21	1.0	-0.236	0.591	2	Analytical or derived from analytical	--	06/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1 3	mg	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	06/2008
Tocopherol, gamma 1 3	mg	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	06/2008
Tocopherol, delta 1 3	mg	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	06/2008
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1 21	µg	0.6	--	--	0.5	0.6	1.0	--	--	2	Analytical or derived from analytical	--	12/2002
Lipids													
Fatty acids, total saturated	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Tyrosine	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Other

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000

Sources of Data

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- ²National Food Processors Association Investigations to Determine Nutrient Content of Selected Fruits and Vegetables, 1980
- ³Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD
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- ⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995
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- ²⁰V.C. Morris, O.A. Levander Selenium content of food, 1970 Journal of Nutrition 100 12 pp.1383-1388
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